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## Mindfulness Wednesdays!

**Parents, are you feeling overwhelmed? Stressed out? It is time to take care of you!**

The Center for Autism & Neurodevelopmental Disorders is offering **FREE** drop-in meditation groups. Groups will provide parents with a space to practice techniques of stress-reduction and self-care. Join us for a moment of relaxation and renewal!

Groups are open to the public and there is no cost to participate. This program is made possible by a generous grant from Autism Speaks.

**Location:** The Center for Autism & Neurodevelopmental Disorders  
2500 Red Hill, Ste. 100, Santa Ana, Ca 92705

**Registration:** Call Nicole Hadley at **949.267.0203** or email us at **centertraining1@uci.edu**

### **Fall 2018**

#### **Drop-in Group Schedule**

**Groups will run from:**

September 19, 2018 -  
December 19, 2018

#### **Days:**

Wednesdays

*Bilingual English Spanish:*

9:00am - 9:30am

*English:*

5:00pm - 5:30pm

[www.thecenter4autism.org](http://www.thecenter4autism.org)

Founding Partners